

# Navy Operational Fitness & Fueling Series (NOFFS)



## ***Lower Push: 2 Leg***



**Athletes**  
PERFORMANCE

### **Squat w/ Mini Band**

#### **Coaching Keys:**

- Place mini band just above knees
- Do not let the knees collapse during movement
- Stand tall, full extension at hips



## ***Lower Push: 1 Leg***



**Athletes**  
PERFORMANCE

### **Single Leg Squat – w/ mini band**

#### **Coaching Keys:**

- Do not let knee collapse to inside
- Keep weight centered over the arch of foot
- Chest up and back flat



## ***Lower Push: Split***



**Athletes**  
PERFORMANCE

### **Reverse Lunge - Alternating**

#### **Coaching Keys:**

- **Keep weight over front foot**
- **Do not let front knee collapse to inside**
- **Keep chest up**



## ***Lower Pull: Hip Dominant***



**Athletes**  
PERFORMANCE

### **Glute Bridge – 2 Legs Up, 1 Leg Down**

#### **Coaching Keys:**

- Use both glutes to lift hips into extension
- Lift one leg into acceleration posture
- Maintain neutral hip position throughout rep



## ***Lower Pull: Hip Dominant***



**Athletes**  
PERFORMANCE

### **Romanian Deadlift – 1 Arm 1 Leg (Bands)**

#### **Coaching Keys:**

- **Wrap band around one foot**
- **Hinge over at waist while maintaining neutral spine**
- **Keep shoulder blades back and down**



## ***Upper Push: Vertical***



**Athletes**  
PERFORMANCE

### **Overhead Press – ½ Kneeling (Bands)**

#### **Coaching Keys:**

- **Maintain perfect posture, shoulders back and down**
- **Do not shrug**
- **Keep back glute contracted for stability**



# ***Upper Push: Horizontal***



**Athletes**  
PERFORMANCE

## **Push Up – 1 Leg**

### **Coaching Keys:**

- **Push from below the shoulder**
- **Keep body straight from ear to ankle (neutral spine)**
- **Lift one leg 2-3 inches of the floor**





## ***Upper Pull: Horizontal***



**Athletes**  
PERFORMANCE

### **Y's – Bent Over (Bands)**

#### **Coaching Keys:**

- **Hinge at waist, back flat, chest up**
- **Initiate movement with shoulder blades, not arms**
- **Glide shoulder blades back & down**



# ***Upper Pull: Horizontal***



**Athletes**  
PERFORMANCE

## **Bent Over Row (Bands)**

### **Coaching Keys:**

- **Feet standing on the band**
- **Hinge at waist, back flat, torso engaged**
- **Drive elbows to the ceiling, pulling hands along side**



## ***Strength: Pillar***



**Athletes**  
PERFORMANCE

### **Lateral Pillar Bridge (30 sec Hold)**

#### **Coaching Keys:**

- **Keep your body in a straight line from ear to ankle**
- **Feet stacked together**
- **Don't sag or bend**



## **Straight Leg Lowering - Alternating**

### **Coaching Keys:**

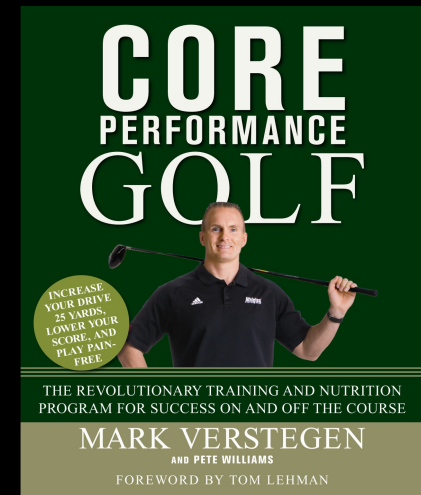
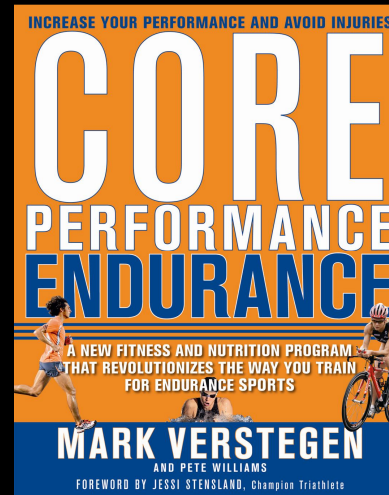
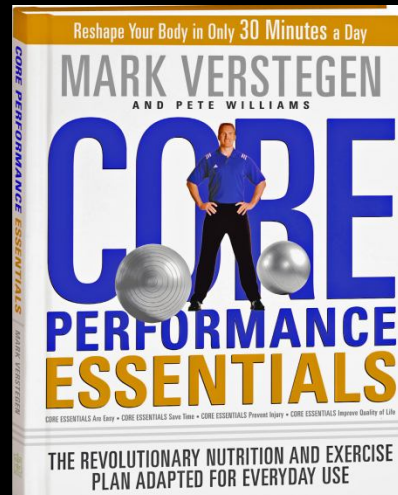
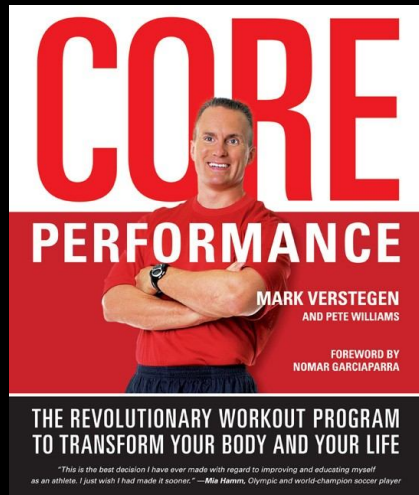
- **Keep knees fully extended**
- **Slowly lower one leg toward floor**
- **Keep your torso engaged & back flat**



# To Learn More...



## Mentorship Program- [www.athletesperformance.com](http://www.athletesperformance.com)



[www.coreperformance.com](http://www.coreperformance.com)

